

DEFINING YOURSELF

PART 1 *Circle some key words that describe you.*

student	extrovert	ashamed	honest
teacher	cruel	professional	bilingual
leader	handsome	wild	loud
follower	beautiful	difficult	gossip
man	stubborn	rich	tough
boy	hyper	romantic	supportive
girl	fast	healthy	conceited
woman	citizen	confident	affectionate
child	wise	changeable	loving
father	mean	successful	expert
mother	American	hip	weak
brother	patriotic	loyal	helpful
sister	unlovable	jealous	complex
victim	cool	sassy	dangerous
perpetrator	introvert	poor	out-of-control
young	calm	whiny	trust-worthy
musician	clever	difficult	heart-broken
kind	clumsy	pessimistic	stylish
athlete	cautious	sick	quiet
boss	outgoing	nerdy	impulsive
employee	optimistic	selfish	strong
slow	warm	curious	traditional
judgmental	talented	flirty	committed
mature	well-dressed	ambitious	newcomer
friend	self-sufficient	entertainer	flaky
winner	non-traditional	opinionated	willing
loser	hard-working	busy	guilty
smart	easy-going	fun	educated
dumb	strong-willed	fake	resilient
academic	anxious	crazy	faithful
responsible	happy	silly	peaceful
fighter	mannerly	respectful	consistent
lover	lonely	genuine	sick
tolerant	depressed	egotistical	spiritual
energetic	assertive	neat	religious
lazy	dependable	proud	humane
attractive	shy	messy	feisty
envied	liberal	desirable	bold
conservative	jealous	wealthy	troubled
funny	generous	innovative	adorable
popular	loved	considerate	healthy
dreamer	devout	organized	

DEFINING YOURSELF *Continued*

PART 2 *Using words from the previous page, fill in each of the columns below.*

Words you think define you:	How your parents/caregivers would define you:	How a teacher would define you:	Words your friends would use to define you:
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
5.	5.	5.	5.
6.	6.	6.	6.
7.	7.	7.	7.
8.	8.	8.	8.

Go back and circle one word in column 1 (Words you think define you) that you think you might want to change and could change.

PART 3 *Complete the following lists.*

List two words from the chart on the first page that defined you in the past but no longer define you:

I used to be _____ and _____.

List two words that define how you want to be in 3-5 years:

In 3 to 5 years I plan to be _____ and _____.